

31st Fighter Wing: The U.S. Air Force's fighter wing south of the Alps

# THE VIGILEER

Vol. 52 No. 16

April 28, 2006

Aviano Air Base, Italy

## Fly Bys

### Honor Guard

The Aviano Base Honor Guard is seeking sharp, dedicated and motivated professionals who are willing to represent with honor and dignity at various events throughout Aviano Air Base and the Italian community. All ranks are welcome. For more information, call Tech. Sgt. Edward Sarmiento, Base Honor Guard NCO in-charge at Ext. 5611 or e-mail him at edward.sarmiento@aviano.af.mil.

### Wingman Day

A mandatory Wingman Day briefing is at 7:30 a.m. and 4:30 p.m. Monday in Hangar One. All 31st Fighter Wing Airmen must attend one of these briefings.

### Extreme Summer

U.S. Air Forces in Europe Services' Extreme Summer program kicks off Monday with early enrollment through May 31. The program officially begins June 1. All USAFE active duty military, Department of Defense civilians, and their family members 8 years old and above can participate. For more information about the program, call Kenneth Godden at Ext. 5269.



Photo by Staff Sgt. Michael Holzworth

### Spouse It Up

Barb Yates, dressed as the Easter Bunny, hands out candy to Kristy Lanham and Iliana Ornelas, daughter of Senior Airman Inez Ornelas, 31st Security Forces Squadron, at the April 19 Spouse It Up. The program gives spouses and family members the opportunity to meet in a relaxed setting.

## Aviano observes Asian Pacific month

By Ken Godden  
31st Fighter Wing Public Affairs

This May, Aviano will be celebrating the accomplishments and contributions of the Asian Pacific American community. The Asian Pacific heritage group is hosting a num-

ber of events open to all community members who wish to attend.

The month will kick off with the signing of the Asian Pacific Heritage Month Proclamation by Col. Steven Schrader, 31st Fighter

**See Heritage, page 7**

**Mother's Day:** The La Bella Vista Club hosts a Mother's Day brunch May 14. Reservations are required. Call Ext. 4303 for details.

### 31st FW Sortie Board

sortie: n, a flight of a combat aircraft on a mission

|              | Hours        | Sorties    |
|--------------|--------------|------------|
| 31st FW goal | 965.6        | 703        |
|              | <b>+19.8</b> | <b>+23</b> |

Information current as of Thursday.



### Triplets

Two Aviano families have a triple bond that connects both the parents and their six children.

- Page 8



### Olympics day

The Aviano community gathered for a day of competition, fun and food at the base's first sports day.

- Page 10-11



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## 31st Fighter Wing

# Commander's Corner

**G**ood day World's Finest! Today I am writing from the confines of my home, having been on leave since Tuesday following Monday's Aviano olympics. This week I'd like to talk about that and many other great things going on here to firm up our collective resolve for yet another year of outstanding achievement, winning and service to nation.

First let's talk about the Aviano olympics. What a great day – beltempo/beautiful weather accompanied by atom-busting levels of energy starting with the 2-mile wing training run and extending right through the sumo wrestling and closing ceremonies. We got it right this time and will do even better next time – we'll add a torch ceremony, ensure all families know they're welcome to attend the day's activities, and more.

Congratulations to the 31st Maintenance Squadron for earning the title of 'Top Squadron' and to all participants, especially the 31st Services Squadron, for their hard work in making this event fun and worthwhile. The objectives of the olympics were manifold – to get in a good workout, hone our competitive skills, strengthen our team work and have fun ... I believe we met all of those objectives and more. See y'all again in September for Aviano olympics II!

Next, I'd like to talk about some upcoming events. First among them is the "MASH Bash." This event will be held May 19 at Hangar One. The format will be combat dining out rules: uniform will be BDU, flight suit or MASH character costume. Features will include pseudo-medical contests, a costume contest judged by yours truly and several other MASH experts. If you'd like more on this fun-filled night, please contact your first sergeant for details. I look forward to seeing you all there for a night of revelry and tradition, MASH 4011th-style!

As April draws to a close we are approaching the change of command season. This summer the maintenance group and several squadrons will change commanders. The outstanding work already being accomplished in these units will continue, but the mantle of leadership will change hands. I'd like to take this opportunity to say, 'Well done, good patriot' to our outgoing

leaders, and 'Welcome to the World's Finest' to our incoming leaders. To those of us who'll be staying, I'll ask you all to display your best manners and hospitality to those on the way out and in; offer heartfelt thanks to our outgoing leaders for their superb efforts, and welcome those incoming with open arms and be generous in time and resources to ensure they are made to feel welcome. The only constant in this business is change – it's a good thing, so let's do it right!

Finally ... a note from the past pertinent to our current situation. This comes from Thomas Paine's Revolutionary War-era pamphlet entitled, "Common Sense." The passage I will share refers to his rationale for supporting a Declaration of Independence. I believe it applies to our struggle today against global terrorism as well.

He said, "We fight neither for revenge nor conquest; neither from pride nor passion; we are not insulting the world with our fleets and armies, not ravaging the globe for plunder. Beneath the shade of our own vines are we attacked; in our own houses, and on our own lands, is the violence committed against us."

Our struggle is not popular with all, but is just and right for all the reasons Mr. Paine pointed out 230 years ago. We continue the struggle today against a foe seeking to destroy us and our way of life. Remember your purpose as you serve our great nation – to defend the constitution, freedom and our way of life. Never, ever lose your resolve – what you are doing is just and right – and I'm proud to serve with each of you in this endeavor!

This weekend, enjoy the beautiful spring weather, family and friends. I look forward to seeing each of you next week here on the "World's Finest" ranch. This weekend, don't drink and drive, and if you choose to drink, do so responsibly. Until we meet again – all the best and sincere wishes for God's blessings to you and yours from Barb and me!



## Aviano Airman of the Week

**Name:** Senior Airman Robert Coronado

**Unit:** 31st Operations Support Squadron

**Job:** Intelligence

**Hometown:** Oxnard, Calif.

**Family:** Grandmother, Gloria; Mom, Paula; Brother, Randy; Sisters, Robyn and Victoria

**Hobbies:** Snowboarding and traveling

**Why joined:** Travel opportunities



# Girl Scouts: More than just cookies

**By Senior Airman  
Sarah Gregory**

*31st Fighter Wing Public Affairs*

When most people hear Girl Scouts, the first thing that comes to mind is cookies. While selling cookies is a big part of Girl Scouts, Girl Scouts Overseas are involved in much more.

Aviano Girl Scouts supports more than 150 girls annually with an average of 30 adult volunteers. In 2005, the group had more than 130 registered Girl Scouts, ages 5 to 17, and 25 adult volunteers.

Overseas committee chair Valery Hodgson and her daughter have had the opportunity to experience some of the Girl Scout benefits.

"My family arrived at Aviano in August 2002 and since then my daughter has been to Germany, France and Slovenia, not to mention the many adventures around Italy," she said. "As a troop leader, I too went on these trips and learned more about the world around me."

While taking trips is exciting by it-

self, Mrs. Hodgson said there is more to the Girl Scout experience.

"Every month the troops participate in a local service project and each quarter, the girls focus their attention on a project outside the Aviano community."

The girls' volunteer opportunities range from bringing gate guards hot chocolate, sandwiches and cookies to donating to the victims of Hurricane Katrina. Sending gift boxes of Girl Scout cookies to deployed members is an annual tradition here at Aviano.

"The opening of the food pantry was another opportunity for the girls to give back to the community by collecting and donating much needed items," said Mrs. Hodgson.

During the last year, the Aviano Girl Scouts have been busy. In June, they honored two members who received the Girl Scout Gold Award, the highest award a Girl Scout can earn. In August, the Overseas Committee Management Team sponsored Twilight Camp in which more than 50 girls participated in line dancing, horse skills, sleep over and

a pancake breakfast. In February, girls ages 11-17 attended the annual three-day "Hanging in Heidelberg" workshop at Patrick Henry Village in Germany. This event offers leadership training as well as archery and marksmanship events.

"Girl Scouts offer a fabulous opportunity to help the transition to Aviano or any new base by providing continuity," said Mrs. Hodgson. All age levels have the opportunity to participate in troop meetings, special events such as a Luau Dance, movie day and field trips."

Many of the Girl Scout events wouldn't be able to take place without the help of volunteers. Aviano Girl Scouts currently need volunteers for all adult positions including treasurer, secretary, public relations, troop consultant, overseas committee chair and chair elect, hut manager, resale manager, events coordinator, sales manager and awards. For more information on these positions or Girl Scouts, visit the Girl Scouts booth at the Family Fair from 10 a.m. to 4 p.m. Saturday in Hangar One or call Valery Hodgson at 0434-76-8521.

**Housing office:** The Housing Management Office is providing limited services Monday. Requests to contact landlords can be dropped off.

## Aviano principal awarded fellowship

**By Senior Airman Colleen Wronek**  
*31st Fighter Wing Public Affairs*

Aviano's Elementary School principal, was recently selected for the 2006 Nova Southeastern University-National Association of Elementary School Principals Doctoral Fellowship.

Melissa Klopfer was awarded the fellowship at the National Association of Elementary School Principals Annual Convention and Exhibition in San Antonio April 2.

"I'm excited and grateful for this fantastic opportunity," Ms. Klopfer said. "I am so lucky to be able to do a job I love while serving my country at the same time."

The fellowship allows principals to obtain an education doctoral degree in either educational leadership or organizational leadership. It is awarded annually to those who have been recognized as distinguished principals. Ms. Klopfer was recognized as the Department of Defense Dependents School's principal of the year in May 2005. She will pursue her doctorate in organizational leadership in 2007 while continuing to serve the Aviano community as elementary school principal.

"I now have the chance to enhance my professional practice through review of literature, best practices and shared practical experiences of others in the field," Ms. Klopfer said. "It is always a challenge to keep current on new issues and trends in education, especially so for those of us working outside of the United States."



Photo by Airman Liliana Moreno

### Mr. Postman

Staff Sgt. Ivan Abudo, 31st Communications Squadron, separates mail delivered to the postal annex here. The post office staff receive and distribute an average of 55,000 packages per month and between October and January that number increases to 110,000.

# EOD commander clinches presidential honors

**By Tech. Sgt.  
Jerome Baysmore**  
31st Fighter Wing  
Public Affairs

A 31st Fighter Wing Explosives Ordnance Disposal flight commander received a special recognition award from the commander in chief.

Capt. Joshua DeMotts, 31st Civil Engineer Squadron, garnered a presidential award aimed at individuals demonstrating achievement in installation excellence this month.

"I really don't know what I did that was special, but we had an amazing team [downrange,]" the 2006 Commander-in-chief's Special Recognition Award recipient said. "We had more than 30 personnel who were responsible for 11,000 square miles of Iraq."

Captain DeMotts said it was a year of opportunity because Air Force personnel were filling traditional Army slots downrange. He served as the 332nd Expeditionary Civil Engineer Squadron EOD flight commander at



Courtesy photo

Capt. Joshua DeMotts, poses with two unexploded ordnance while deployed to Balad Air Base, Iraq.

Balad Air Base, Iraq, and spent time responding to calls outside the wire.

Lt. Col. Joe Castro, 31st Civil Engineer Squadron commander said he

has known Captain DeMotts since he was a cadet at the Air Force Academy in 1996 and 1997. Colonel Castro was stationed with Captain Demotts at Osan Air Base, Korea as well.

"I've been fortunate enough to watch a young cadet mature and grow into a leader whose done great things with his troops downrange and continues to take care of his troops and their families at home station," he said. "All of us in the [31st Civil Engineer Squadron] think the world of Josh and are proud to see him recognized in this way."

Since September, EOD Airmen have responded to more than 900 incidents while supporting Operation Iraqi Freedom, disposing about 57,000 explosive items totaling more than 7 tons of net explosive weight.

"We have a lot of non-traditional 'groundpounders' out in Iraq and Afghanistan," Captain DeMotts said. "Now we have Air Force personnel from EOD, civil engineers and logistics readiness squadron personnel going outside the wire."

## Explosive Ordnance Disposal mission statement

The 31st Civil Engineer Squadron EOD members provide a safe operating environment for air and space systems; protect people and all physical and natural resources from the effects of hazardous explosive ordnance,

materials and devices.

In order to stay up to date on new bomb technology and to be able to stay current on advances in bomb technology, EOD team members are required to attend an intensive eight-month tech-

nical school as well as constant training. In addition to high Armed Services Vocational Aptitude Battery scores in all areas, the students need to have a large understanding of science, mathematics and physics.

**Commissioning:** The education center hosts a Community College of the Air Force info session at 9 a.m. Monday in Bldg. 186, Area One.

## Heritage, from page 1

Wing vice-commander, at 10 a.m. on Monday, in the base exchange lobby. Following the signing there will be children performing heritage dances and cake will be served. Tickets will be on sale for the May 25 banquet as well.

The following week, on May 9, there will be a storytelling hour at the base library from 10:30 to 11:30 a.m. Following the reading, there will be craft making for those who would like to give it a try.

Later that evening the events continue with an Asian cuisine cooking demonstration at the chapel annex from 6:30 to 8:30 p.m. The cooking class is free, but only has room for 20 people, so participants need to sign up ahead of time at the family support center to secure a spot. Those only wishing to taste the food are welcome to attend, but are asked to arrive after 6:45 p.m. so those who signed up have ample time to get in place. The dishes that will be prepared are kim-bop, cucumber kimchi, bulgogi, pancetta and fried rice.

The highlight of Asian Pacific heritage month will be the banquet at the La Bella Vista Club from 6 to 9 p.m. May 25.

Some of the banquet events include Asian Pacific-themed dancing and a martial arts demonstration. Announcements will be made regarding the winners of the elementary school creative contests and radio trivia contest that will go on throughout the month.

The honorary guest speaker for the event will be Lt. Col. Joe Castro, 31st Civil Engineer Squadron commander, and following the events there will be Asian Pacific cuisine, served buffet style. Prices for adults will be \$16.50 club members, and \$18.50 for non-members. A children's meal will be available for \$3.95.

Tickets will be available throughout the month every Tuesday at the BX lobby area from 11 a.m. to 1 p.m. or people can call the project officers, Master Sgt. Lorenzo Steel at Ext. 2342 or Senior Master Sgt. Gil Corpuz at Ext. 7635.

Those who would like to get involved with the activities may attend the Asian Pacific heritage committee meeting at 3 p.m. Tuesday at the La Bella Vista Club or they can contact a project officer.



# Aviano families are seeing triple

Four parents and six kids makes for 'one large family'

**By 1st Lt.  
Jennifer Ferrau**  
31st Fighter Wing  
Public Affairs

With First Communion coming up Sunday, several Aviano families have been busy preparing their children for this important event in their lives. Most parents have selected a white bridal-like dress for their daughter, or a pair of dark slacks and a white shirt for their son. Two families on base, however, have had to buy not one dress or one suit, but one dress and two suits each to prepare their children, two sets of triplets, for their big day.

Lt. Col. John DeGoes and his wife Annette, along with Bryant Nicodemus and his wife Renza are the proud parents of triplets who, at seven years of age, are celebrating their first holy communion.

This is not the first time the families have shared similar celebrations in their lives.

In late 1997, while Mrs. Nicodemus was working at the Aviano Clinic and her husband was traveling between Aviano and his then-current base, Incirlik Air Base, Turkey, they found out Mrs. Nicodemus was pregnant and due to deliver on Aug. 15, 1998.

At about the time, 5,307 miles away, at Keesler Air Force Base, Miss., another woman was also getting word that she was pregnant.

Mrs. DeGoes was told she was also due to deliver on Aug. 15, 1998. When blood

tests showed elevated numbers, her doctor ordered an ultrasound.

Both pregnancy tests showed elevated levels that indicated multiples. Sure enough, during an ultrasound, there were three babies. At Mrs. DeGoes's ultrasound, she remembers the doctor saying, "I see one, two, three, four ... no, the fourth is a shadow - three babies!"

Lt. Col. DeGoes, now the 31st Medical Operations Squadron commander at Aviano, remembers being in shock. "To have three children at once - an instant family - how incredible!" he said. It was perfect for the couple who had been married for five years and were anxious to start a family.

During Mrs. Nicodemus's pregnancy, her husband would fly the "Patriot Express" flight to Aviano on Thursdays and spend a few days with his wife until he had to return to work later on the weekends.

Thirty-one weeks into her pregnancy, Mrs. Nicodemus, who worked at the Aviano Clinic, delivered her children at a hospital that specialized in high-risk pregnancies in Trieste, Italy. The children, named Annalisa, Gabriel and Gregory, were born on June 12, 1998 and soon thereafter joined their father in Turkey.

Mrs. DeGoes had a smooth pregnancy, although at 25 weeks her doctor recommended she take it easy. "That was no problem - I



From left to right: Dylan DeGoes, Gabriel Nicodemus, Annalisa Nicodemus, Gregory Nicodemus, Emma DeGoes and Luke DeGoes line up at the Aviano pool with their swim coach.

didn't mind relaxing at that point," she said.

At 32 and-a-half weeks, Mrs. DeGoes had a cesarean section and gave birth to Dylan, Luke and Emma.

The DeGoes children were born on June 21, 1998 which was also Father's Day - a special gift three times over for Lt. Col. DeGoes.

With nine days between their triplets' birthdays, and both having delivered two boys and one girl, the two families seemed to have a lot in common.

In 2003, the Nicodemus family transferred from Incirlik to Aviano after Mr. Nicodemus retired from the Air Force and accepted a civilian position here as the assistant fire chief. Two years later, in July 2005, Lt. Col. DeGoes and his family arrived at Aviano for his current assignment at the medical group.

"We weren't here very long when someone asked if we knew about the other family assigned here who had triplets," said Lt. Col. DeGoes.

Likewise, someone else had asked Mrs. Nicodemus if she had heard about the new family with triplets.

Within a couple of weeks, the two families were at the base pool while their children

were taking swimming lessons. "I remember Renza (Nicodemus) was watching me take my three children out of the pool and she asked if I was the new family with the triplets - the next day, our six children were in the same swimming class so we were able to get to know each other during the lessons," Mrs. DeGoes said.

The two sets of triplets go to different schools: the DeGoes children attend Aviano Elementary School whereas the Nicodemus children, who are fluent in Italian, attend a local school in their community. This definitely takes away social time between the two families. However, they look forward to Sundays when the children are able to spend time together in Sunday school. Likewise, the parents are likely to be found sitting at a table at the shopette food court, drinking coffee, relaxing and catching up on the week's past events.

This Sunday, 26 children from Aviano's parish are proceeding down the streets of Budoia, to their First Communion at St. Andrew the Apostle Catholic Church. Of the 26, six children will be from the DeGoes and Nicodemus family - a first in the history of Aviano's parish.

- The United States has one of the highest rates of multiples births occurring one in 35, while Japan has one of the lowest, with multiple births occurring one in 120 births.

- The average weight of a single newborn is 7 pounds, 6 ounces but the average weight of a triplet newborn is 3 pounds, 12 ounces.

# Aviano



Photo by Staff Sgt. Michael Holzworth

Army Sgt. 1st Class Mario Alfonso, Bravo Company, leads the Bravo Company team in a tug of war match during the Aviano olympics Day Monday.



Photo by Staff Sgt. Michael Holzworth



# Aviano olympics



Photo by Airman Liliana Moreno

**Left:** Master Sgt. Luis Adams, 31st Maintenance Squadron first sergeant, sumo wrestles Army Cpl. Thomas Huffman, 99th Transportation Det., during the First Sergeants vs. Airman sumo wrestling competition Monday.



Photo by Airman Liliana Moreno

**Above:** Aviano members gather at Freedom Park to eat hot dogs and hamburgers offered by the 31st Services Squadron.



Photo by Staff Sgt. Michael Holzworth

**Top:** Brig. Gen. Robert Yates, 31st Fighter Wing commander, gives a double thumbs up as he leads the wing in a quarterly two mile warrior run Monday. The run kicked off Aviano's olympic sports day events.

**Left:** Senior Airman Peter Hobson, 31st Civil Engineer Squadron, performs an Indy grab over a launch box in Aviano's skate park during Monday's olympics Day.

## Aviano olympic champions

First place – 31st Maintenance Squadron

Second place – 31st Civil Engineer Squadron

Third place – 31st Security Forces Squadron

## Mentoring

A visit to a Porcia Elementary School fifth grade English class is from 12:45 to 2:45 p.m. May 8. People interested in visiting must attend a briefing from 5:15 to 6 p.m. today at the family support center. For more information, call Master Sgt. Christine Bowsby at Ext. 7926 or e-mail [christine.bowsby@aviano.af.mil](mailto:christine.bowsby@aviano.af.mil).

## Fun night

A fun night for ages 11-14 is from 6 to 10 p.m. today at Club Beyond, Bldg. 168, in Area One, behind the Child Development Center. Events include sports, games, dancing and prizes will be awarded. The cost is \$5 and snacks and drinks are included in the price. For more information, call Elise Brown at 0434-96-0255 or 339-850-8784 or call Barb Fetterolf at 0434-78-3095 or 347-693-6978.

## Education

Embry-Riddle Aeronautical University is offering a Logistics Management for Aviation class. The condensed class meets for three

weeks in May and registration ends today. For more information, call Ext. 5140.

## Family fair

The annual family fair celebrating "April: The Month of the Military Child" is 10 a.m. to 4 p.m. Saturday in Hangar One. Informational and activity booths, as well as stage performances, food booths and activities for children are at the fair. For more information, call Ext. 5225.

## Gate closed

Due to an Italian holiday Gate 10, also known as the contracting gate, is closed Monday.

## Bookmark contest

The U.S. Air Forces in Europe libraries are encouraging kindergarteners through high school students to compete in the second annual bookmark design contest. This year's theme is "Change Your Life @ Your Library" and bookmark colors must be black, white or gray. Entries must be submitted by Sunday and winners will compete at

the USAFE level. For more information and an entry form, visit [www.usafelibraries.org/](http://www.usafelibraries.org/).

## Family night

The La Bella Vista Club is hosting a family night for club members at 5 p.m. Tuesday. The cost is \$5 and children under 12 eat free. For more information, call Ext. 4303.

## Cinco De Mayo

The La Bella Vista Club is celebrating Cinco De Mayo at 5:30 p.m. May 5. The club will also have an After Hours Fiesta at 10 p.m. May 5. These "adults only" events are for club members and one authorized guest. The cost is \$5 for each event. There will also be a salsa cook-off competition. For more information, call Ext. 4303.

## Babysitter training

The American Red Cross is offering babysitters training for 11 to 15 year-olds from 9 a.m. to 3 p.m. May 6-7. The training covers caregiving, decision-making, safety and first aid, preventing and responding to emergencies and child and infant CPR. The cost is \$35. For more information or to sign up, call Ext. 5576.

## Tuition Assistance

The deadline to apply for Term V spouse tuition assistance is May 12. Spouses can pick up an application from the education center. For more information, call Ext. 5330.

## Bazaar

The Primavera Bazaar is from 10 a.m. to 8 p.m. May 12, 10 a.m. to 7 p.m. May 13, and 10 a.m. to 5 p.m. May 14 in Hangars One, Two and the wash rack. The bazaar will feature more than 100 vendors, live entertainment and a kiddie korner.

## Commencement

Fall 2005 and Spring 2006 graduates from the Community College of the Air Force, on base colleges and universities and those who earned a degree from an online in-

stitution will be honored at a commencement ceremony at 11 a.m. May 16 in the Mass Briefing Facility. A reception will follow at the La Bella Vista Club. For more information, call the education center at Ext. 5330.

## Commissioning

Airmen interested in a commission can attend a commissioning workshop at 9 a.m. May 19 in the education center.

## Road work

The pavement markings in Area F are scheduled to be repainted through May 25. The dates are subject to change due to weather and other circumstances. People must not park in coned areas. For more information, call Ext. 6018.

## Honor guard

The Aviano Base Honor Guard is seeking sharp, dedicated and motivated people of all ranks who are willing to represent Aviano at various events. For more information, call Tech. Sgt. Edward Sarmiento at Ext. 5611 or e-mail [edward.sarmiento@aviano.af.mil](mailto:edward.sarmiento@aviano.af.mil).

## Scholarship

A new scholarship for dependents and spouses will provide up to \$5,000 a year. People interested in the scholarship must submit an application by May 30 to <http://www.thanksusa.org>.

## Coin contest

The Aviano Airman's Advisory Council is holding a coin designing contest open to everyone on base. Designs must have "Aviano Airman Advisory Council" somewhere on the coin, must have a logo or motto and must be in good taste. Designs should be submitted by May 31 to [AAAC@aviano.af.mil](mailto:AAAC@aviano.af.mil).

The winner will be announced at the next Airman's All Nighter June 30. The winner receives a letter of appreciation, a new AAAC coin and a \$100 scholarship. For more information, e-mail [aaac@aviano.af.mil](mailto:aaac@aviano.af.mil).

## Reel Times

**Today, 7 p.m.** - "The Pink Panther" Rated PG - A famous soccer coach was murdered and his priceless ring, known as the Pink Panther, has been stolen. The French government hires a detective to recover the ring. Starring: Steve Martin, Beyonce Knowles

**Today, 10 p.m.** - "The Pink Panther" Rated PG

**Saturday, 2 p.m.** - "Curious George" Rated G - George's fun-loving nature helps him find new friends and also lands him in a series of misadventures. Starring: Will Ferrell, Drew Barrymore

**Saturday, 4:30 p.m.** - "Curious George" Rated G

**Saturday, 9 p.m.** - "Firewall" Rated PG-13 - A bank security expert has to crack his own code when a criminal mastermind kidnaps his family. Starring: Harrison Ford, Paul Bettany

**Sunday, 4 p.m.** - "Curious George" Rated G

**Sunday, 7 p.m.** - "The Shaggy Dog" Rated PG - Dave learns a lesson when he changes unexpectedly into a sheep dog. Starring: Tim Allen, Kristin Davis

**Wednesday, 7 p.m.** - "The Pink Panther" Rated PG

**Thursday, 7 p.m.** - "Firewall" Rated PG-13

*(Titles and times are courtesy of [www.aafes.com](http://www.aafes.com), and are subject to change.)*



### Fly Bys

#### Upcoming festivals

- Enjoy food and wine at a wine festival each night through Tuesday at Luna Park in Casarsa.

- Take in the sights of the flower displays and sounds of local entertainment each evening at a flower festival through Monday in Povoletto near Udine.

- Taste asparagus delicacies during the asparagus festival each evening until May 8 in Gorgo di Latisana.

- Discover different cultures during a folklore festival in Gradisca d'Isonzo from 6:30 p.m. to midnight through Monday.

For more information on these festivals, call Ext. 7555.

#### Travel Web site

Americans with travel plans should visit <http://travel.state.gov> to get the latest travel advisories in Europe. Maintained by the U.S. Department of State, the Web site offers a list of places suspected of anti-American activity, as well as other information for travelers. Call the Office of Special Investigation at Ext. 7643 with questions about the site.

#### Painting

"Pio Semeghini e il Chiarismo," a painting exhibit is from 9 a.m. to 6 p.m. is through May 28 in medieval Mantua. For more information, visit [www.fondazione-semeghini.it](http://www.fondazione-semeghini.it) or [www.centropalazzote.it](http://www.centropalazzote.it).

## Make the most of living in Italy

**By Staff Sgt. Dustin Troyer**  
*31st Operations Support Squadron*

Someone in the U.S. is on their computer right now, crunching numbers into a budget. Saving every nickel and dime, they hope to one day take that European trip they have always dreamed of.

The day finally comes, and for a few weeks, they cram in all that famed culture you just can't find in any Texas or Virginia. It comes, and in a flash, it's gone. And if they're lucky, they will make the trip again in about 10 years.

Now you're thinking, what was the point of all that, right? Well, let me ask you another question: have you left the Aviano area yet? Here you are with a once-in-a-lifetime opportunity, and you've never ventured past the local Italian area because "insert excuse here."

People would love an opportunity like this, and too many waste it at the local bar. Blame it on your fears, on time, on money ... pick a card, any card. Fact is, if you don't take a chance, you'll never know what you missed until it's too late. It's an all too familiar tale I hear when speaking to friends back home.

Having just returned from Europe, they explain that, at the time, it was just too inconvenient for them in Europe. They missed the simplicity of American lifestyle. But after a month, the excitement wears off and they find themselves wishing they'd done more when they had the chance.

Now don't get me wrong, Europe can be an intimidating place, but when do you put aside your fears and really live your life?

My family and I came to Europe with the idea of experiencing something special, and we haven't wasted a minute. How can someone in the states, armed with history and art books, compete with those of us who can actually see Michelangelo's "David," the Louvre or Neuschwanstein Castle? It's an immeasurable experience.

Nearing the end of our tour here, my family and I have visited 11 countries, and with an assignment to Germany, we are presented with a plethora of new travel prospects.

So why do I care what you do with your tour? Because I don't want you to blow a golden opportunity. Here are some tips that have helped make our tour great.

- **Use time off wisely.** Check out [www.viamichelin.com](http://www.viamichelin.com) or [www.mapquest.com](http://www.mapquest.com) for outstanding European driving directions, and if you have some leave to burn, check out one of the many low cost airlines around Europe.

- **Research, research, research.** Surprises in Europe aren't good, and will likely cost you lots of time and money. Therefore, Google can be your best friend. With a search engine, you can find exactly what you're looking for with a couple mouse clicks. When my wife and I traveled to Prague, we found metro schedules, points of interest, shopping, etc., and the trip was perfect.

You can even find a piece of Americana in Europe. Did you know there is a T.G.I. Friday's in Vienna and Hard Rock Cafe in Barcelona? There's even an outdoor Asian market in Cheb, Czech Republic, for those of you who have enjoyed a Korean tour.

- **Don't let money get in the way.** Plan your trips around military facilities. Stay at Camp Darby and visit Pisa, Florence or Rome from a shorter distance, or stay at Layton Barracks in Wurzburg, Germany and day trip to Frankfurt or Nuremburg. Using military billeting will save you tons of cash and the military facilities can help you out if you get into a pinch. If that's not a possibility, travel with friends and split the cost. What better way to see Europe than with people you like?

I'll finish with this: You're here because your government needs you here. Whether you wanted to be here or not, it doesn't matter. Only you can make or break your tour, so the next move is up to you. You can spend your tour wishing you were anywhere else but Italy, or you can jump in the car and "insert a memory" here.

**Air Force travel online:** Visit [www.afttravelonline.com](http://www.afttravelonline.com) for information on airplane and train tickets and hotel reservations.



Photo by Senior Airman Jason Gregory

**Castello di Miramare**, built for Archduke Maximilian in the 19th century, is located on the Adriatic coast of Trieste.

## Information, Tickets and Tours

Upcoming tours from the Information, Tickets and Travel office include:

- Saturday - Guided Venice with a gondola ride
- Saturday - Pisa and Vinci museums
- May 6 - Wine tasting in the Friuli Region
- May 6 - Shopping in Florence
- May 13 - Guided Trieste and Miramare Castle

ITT escorts ensure the group arrives

and departs from destinations as scheduled and will do everything possible to make the trip safe and comfortable. Escorts also provide general information about the area. Please note weather conditions and dress accordingly for trips. The ITT staff recommends wearing comfortable shoes because almost all tours involve walking.

Call Ext. 5072 or 5026 for more information.

# Ankle sprains, fractures explained

*Courtesy of the  
31st Medical Support  
Squadron*

Ankle sprains and fractures are among the most common injuries and can occur when playing sports, taking a walk, dancing or going up or down the stairs. They can be very painful or a minor nuisance you would like to ignore.

Often it is difficult to determine if and when you need to seek medical treatment. Here are some helpful suggestions in assessing the treatment of an ankle injury.

An ankle sprain occurs when the foot is forcibly turned, damaging and tearing the ligaments of the foot and ankle. Ligaments are strong bands of connecting tissue that keep the bones of the foot in place and stabilize the ankle joints.

You will know you have a sprain by the mild or sudden pain it causes followed by



Photo by Staff Sgt. Michael Holzworth

Wearing the proper footwear for different sports can prevent foot and ankle injuries.

swelling and discoloration. A sprain will cause pain even if the ankle is not bearing any weight.

If you think you have suffered a fracture or a sprain, use the R-I-C-E principle first:

- Rest – Stay off your feet as much as possible
- Ice – Apply an ice pack
- Compress – Wrap an elastic bandage around the ankle to keep swelling down

- Elevate – Raise the injured limb above the heart

If the ankle is fractured the foot will appear deformed and you will not be able to stand on it.

If you hear a grating sound like bones rubbing together seek medical assistance immediately.

In the case that the actual bone has broken the skin and is visible, cover it with a clean cloth or towel. Keep the ankle raised to reduce swelling and seek medical attention immediately.

In caring for someone else who has sustained a serious fracture, splint the area above and below the injury to maintain stability before attempting to move the patient.

The Nurse Advice Line is available 24-7 to help make educated decisions about when to seek care. Call toll free at 800-877-660. If an acute appointment is necessary, providers at the Nurse Advice Line can schedule one for you.

**Log it:** Keep track of your workout progress by logging onto <http://www.aviano.fitlinxx.com>.



Photo by Staff Sgt. Bethann Caporaletti

## Heavy lifting

Lawrence Davis, pictured above, clinches first place with a 410 pound lift in the 181-197 pound weight class in the bench press competition at the Dragon Fitness Center April 21. David Tarver placed second with a 315 pound lift and Dean Schultz took third with 315 pounds. In the women's 150-pound weight category, Delana Jemison took first with a 165 pound lift.

## Fly Bys

### Baseball

Pony League baseball is for boys ages 15 to 18 who are not on an Aviano Youth Program league team. The team will play other American and some Italian teams throughout the season. For more information, call Aaron Stauffer or John Hernandez at Ext. 4034.

### Softball

Tryouts for the men's Varsity softball team are May 8 to 12. Those interested can call Master Sgt. Ed Michaud at Ext. 1008 or e-mail him at [edward.michaud@aviano.af.mil](mailto:edward.michaud@aviano.af.mil).

### Umpires needed

Aviano Youth Programs is looking for umpires for youth baseball and softball. To volunteer or for more information, call Shalee Torrence at Ext. 4784 or e-mail [shalee.torrence@aviano.af.mil](mailto:shalee.torrence@aviano.af.mil).

### Pedalata

A Pedalata is scheduled for 9 a.m. May 14 in Sgonicco and in Pordenone. A Pedalata is an organized bike ride usually in conjunction with a town festival. Sign up at the festival site one hour prior to departure. Cost for sign-up is between €3 to 6 per participant.

The event is non-competitive and the pace is designed to accommodate all fitness levels. There is a stop along the mid-point for rest and refreshments.

At the end of the course a pasta lunch will be served and prizes are distributed. There are prizes for largest groups, largest families, youngest/oldest participants, most original bike, oldest bike, furthest distance traveled to get to the event, foreign participants, and prizes just for kids.

For more information about pedalatas, call outdoor recreation at Ext. 8623 or call Amy Wells at 348-714-8383 or e-mail her at [medlady\\_us@yahoo.com](mailto:medlady_us@yahoo.com) with Pedalata Info subject line.

# People come into your life for a reason

By Maj. Laurie Conrad  
31st Maintenance Operations  
Squadron

Lately I've been hearing questions such as, "Why am I here, why did I get that assignment, why does he/she get to stay and I have to go, why did he/she die, why did he/she leave me ...?" The whys are endless.

Maybe it's the change in season. Spring has sprung, the weather is getting nicer, and people are more contemplative as they emerge from the fog of a winter's hibernation.

Regardless of the reason, the questions and feelings are there. I offer these words to you inspired by a prayer I received through e-mail, author unknown.

Nothing in my life or career has happened how I planned it. From the beginning I was taught to have a plan, but be flexible. So I pressed on the path of education and Air Force career. No matter what path I planned for my life or career it just didn't happen the way I expected and often it left me wondering what the heck was going on.

Fortunately, about 10 years ago I started to realize after I left a job, an assignment, a place, a person, or whatever, I was able to discern what my purpose had been, and thus I have learned to let go and let my life proceed the way God has planned it.

However, just like a performance report, God still expects my input so don't think I'm just sitting back to see what happens. I am still obligated to seek and plan out opportunities, especially those that involve service to others. It's these others that have really shaped my outlook on how to address the whys of life, because I have discovered that people come into your life for a reason, a season or a lifetime.

When someone is in your life for a reason, it is usually to meet a need either you or they have. One of you needs guidance and support

through a difficulty and/or needs help physically, emotionally or spiritually.

This may be as short as a 10-minute encounter with a mom as you help her load groceries into the car while she juggles three kids, or it could be as long as one year while you help someone through a divorce. Whatever the reason, a time will come when that relationship ends. "What we must realize is that [the] need has been met, [the] desire fulfilled, [the] work is done. The prayer sent up has been answered and now it is time to move on."

Some people come into your life for a season, a period of time such as your youth, high school or college years, or a particularly difficult assignment. Maybe during their season they push you through a period of personal growth as you develop your talents, forcing you to teach something new to someone else or to challenge you physically or spiritually. But like players on a football team, people get a better offer or they see someone else who needs them more, and they move on. It's natural to mourn that loss, but hopefully you'll take the time to look forward to the challenges of the next season.

Lifetime relationships teach you those very harsh life lessons. These are the friends and lovers who, no matter what, are there for you and vice versa. These are also the people who hurt us the most sometimes. "Your job is to accept the lesson, love the person and put what you have learned to use in all other relationships and areas of your life." While these relationships are often the most painful, I find they are the most rewarding.

So, why? Well, you're the one with the answer, but it may take years to fully understand. I say it's time for you to answer your own question with, "Why not?" Cherish your day-to-day encounters with people, take time to discern their part in your life and be thankful as they bless you for a reason, during a season or maybe even for a lifetime.



## The Cornerstone

An indispensable and fundamental basis

The Cornerstone Page is devoted to those who support junior enlisted, NCOs, CGOs and spouses. It's to share advice, ideas and opinions dealing with life in the Air Force and Aviano. It's also a forum to recognize those around us. The Cornerstone Page will also offer Air Force trivia and facts.

**Submission info:** We want to hear from you. Flex your writing talents and share your thoughts with us and the community.

**Commentaries:** Writers can send commentaries to [vigileer@aviano.af.mil](mailto:vigileer@aviano.af.mil). Commentaries must be 500 to 700 words. Topics must be applicable to the Air Force, Aviano and appeal to the general public. For questions or concerns, call the Vigileer at Ext. 7344.

**Kudos:** Aviano members can send congratulatory messages to [Vigileer@aviano.af.mil](mailto:Vigileer@aviano.af.mil). Messages can be submitted for appreciation, retirements, awards, good service, promotions and graduations. For questions or concerns, call the Vigileer at Ext. 7344.

**Deadline:** The deadline for submitting information is close of business Thursday one week prior to publication. Faxed articles will not be accepted by the staff. The public affairs office is in Bldg. 1360, Room 19.

## Recognizing The World's Finest

### Graduates Airman Leadership School

staff sergeant selects must complete this 24-day course in order to obtain the title "supervisor." John Levitow Award recipient: **Nick McWilliams**, 31st Maintenance Squadron; Leadership Award recipient: **Jordan Perry**, 31st MXS; Academic Award recipient: **Brett Myers**, 31st Aircraft Maintenance Squadron; Distinguished Graduates: **Hugo Astudillo**, 704th Munitions Support Squadron, and Staff Sgt. **Jeffrey Hunt**, 31st MXS.

31st AMXS: **Thad Burton**, **Jeffrey Gilles**, **Gaylon Hardman**, **Samuel Jones**, and **Douglas Wilderoter**. 31st Civil Engineer Squadron: **Christopher Blackburn**, **Matthew Hanna**, **Adam Kuchy** and **Jon McLean**. 31st Logistics Readiness Squadron: **Clayton Coleman**, Staff Sgt. **Xavier El**, and **Luiz Irizarry**. 31st Maintenance Group: Staff Sgt. **Maurice Carbajal**. 31st MXS: **James Cook**, **Melissa Disbrow**, **Andrew Faustina**, Staff Sgt. **David Helm**, **Deric Hiscock**, **Paul Leppich**, **Michael Letts**, **Christopher Maurer**, **Anthony Ognibene**, **Pamela Rogers**, **Jonathan Shank**, **Matthew Sigmon**, and **Crosby Smith**. 31st Maintenance Operations Squadron: **Taquaan Dublin** and **Sharron Craft**. 31st Operations Support Squadron: **Regina Nickel**. 31st Security Forces Squadron: **Brandon Gaines** and **Michael Paulk**. 555th Fighter Squadron: Staff Sgt. **Corey Brown**. 603rd Air Control Squadron: **Michael Federowski**, **Jaime Hinojosa-Guzman** and **Anthony Lencowski**. 704th MUNSS: **Bo Gray** and **Wallace Sanders**.